

**SACHIKO NISHIUCHI LLC  
WAIVER AND RELEASE FORM**

The undersigned person ("Person") and the parent/legal guardian of Person ("Parent"), if Person is under 18 years of age, understand the risks of physical injury inherent to performances, dance/Pilates/fitness training and other events and activities ("Activities") conducted by Sachiko Nishiuchi LLC, also known as Sachiko "La Chayi" Flamenco and Sachiko Pilates ("SN LLC"). Person and Parent fully assume those risks. Accordingly, Person and Parent agree to waive any and all claims connected with participating in Activities.

Person and Parent release and discharge SN LLC, its contractors, venues, studios, rentees, employees, collaborators, licensees, consultants, and representatives from any and all claims of injuries, damages, illness, or loss, which may occur as a result of participation in Activities.

SN LLC reserves the right to use photographs and videos taken during Activities for the purposes of instruction and promotion. Person and Parent who do not wish to comply with this policy must notify SN LLC at [sachikolachayi@gmail.com](mailto:sachikolachayi@gmail.com) or [sachikopilates@gmail.com](mailto:sachikopilates@gmail.com) upon signing this waiver.

By signing, I hereby acknowledge and agree TO ALL OF THE ABOVE CONDITIONS AND TERMS of this Form.

I further state that I am at least eighteen (18) years of age and am fully competent to sign this agreement, or I am under eighteen (18) years of age and my parent/legal guardian signs this form.

Person's First and Last Name (Printed)

Parent's First and Last name if Person is under 18 years of age (Printed)

Signature

Date

Address and Phone Number